

Health Nut Blueberry Muffins

Feeling a little **blue**?

Prep Time: 15 Minutes

Cook Time: 15 Minutes

Servings: 12

Ingredients:

¾ cup all-purpose flour*	1 cup blueberries
¾ cup whole wheat flour	½ cup chopped walnuts
¾ cup white sugar	1 banana, mashed
¼ cup oat bran	1 cup buttermilk
¼ cup quick cooking oats	1 egg
¼ cup wheat germ	1 Tbsp vegetable oil
1 tsp baking powder	1 tsp vanilla extract
1 tsp baking soda	

Directions:

1. Preheat oven to 350 degrees. Grease a 12-cup muffin pan, or line with paper muffin cups.
2. In a large bowl, stir together the all-purpose flour, whole wheat flour, sugar, oat bran, quick-cooking oats, wheat germ, baking powder, and baking soda.
3. Gently stir in the blueberries and walnuts.
4. In a separate bowl, mix together the mashed banana, buttermilk, egg, oil, and vanilla.
5. Pour the wet ingredients into the dry, and mix just until blended.
6. Spoon into muffin cups, filling all the way to the top.
7. Bake for 15 to 18 minutes in the preheated oven, or until the tops of the muffins spring back when lightly touched.



Nutritional Information:

Calories	196
Total Fat	5.8g
Cholesterol	18mg

Source: <http://allrecipes.com/Recipe/health-nut-blueberry-muffins/Detail.aspx>

*You may substitute a couple tablespoons of ground flaxseed for flour to add more fiber and heart-healthy omega-3 fatty acids to your muffins.